



## Kentucky Personnel Cabinet Office of the Secretary

**FOR IMMEDIATE RELEASE**

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### **Employees Learn about Heart Health Awareness Month**

FRANKFORT, Ky. (February 23, 2009) – Across the nation, February is considered Heart Health Awareness Month. Today, Stephanie Marshall, Personnel Cabinet Wellness Director and Exercise Physiologist, recognized the importance of this month by making a "Love Your Heart" presentation to state employees hosted at the Kentucky Transportation Cabinet building.

"This is a great way for employees to share and learn about the importance of taking care of your heart," said Marshall. "It is imperative to equip employees with the information to make smart choices that promote a healthy lifestyle."

Kentucky currently ranks in the bottom tier with some of the highest rates of smoking- related deaths, high blood pressure, stroke and diabetes. According to the Kentucky Department of Public Health and the Centers for Disease Control, cardiovascular disease accounted for over 13,700 or 35 percent of deaths in Kentucky in 2004.

In an effort to educate employees on the important health concerns facing Kentuckians, the Personnel Cabinet presented a variety of health-related information including:

#### **Steps to a Healthy Heart**

- Avoid smoking
- Manage your weight
- Be physically active
- Practice healthy eating habits
- Know your numbers

### **Heart Attack Warning Signs**

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Others: cold sweat, nausea, lightheadedness

Earlier this month state employees also took part in Wear Red Day, to show support for women's heart health. To learn more about other events and activities occurring around the Commonwealth's Journey to Wellness, visit <http://www.personnel.ky.gov>.

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